

Communities for Children FP

Brimbank, VIC

Program Overview 2022 - 2024



Belong and be our best. Connecting and empowering children and their families in Brimbank to learn and grow, be healthy, safe and confident.

Priority areas

▪ Learning and Developing:

Children and families have everything they need to develop, learn, grow/access opportunities and be their best.

▪ Healthy and Safe:

Children and families are supported to be healthy, active and safe at home and in the community.

▪ Connected and Included:

Children and families are well-connected, feel included in their community and are able to access the support they need.

The Brimbank Communities for Children (CfC) is a place based, early intervention program which seeks to improve the wellbeing and prospects of children and their families. Communities for Children (CfC) Brimbank is funded by the Australian Government and has been facilitated by The Smith Family in Brimbank since 2005. A range of Community Partners are funded to deliver CfC services within the Brimbank area for children aged from birth to 12 years and their families.

The Smith Family is the Facilitating Partner of the CfC FP initiative in Brimbank and covers the following suburbs:

- Albion
- Ardeer
- Cairnlea
- Deer Park
- Delahey
- Derrimut
- Kings Park
- St Albans
- Sunshine (incl. Sunshine North and Sunshine West)
- Sydenham

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Community Partners are funded to deliver services within the Brimbank CfC FP site for children aged from birth to 12 years and their families.

Abecedarian Supported Playgroups

The Abecedarian Approach is an evidence-based program recognised by the Australian Institute of Family Studies and is delivered through our community partners' supported playgroups.

Vietnamese Supported Playgroups

Four Abecedarian Approach (3A) supported playgroups run weekly during the school terms for parents/carers and their children aged 0-5 years from a Vietnamese background. Playgroup facilitators will use the 3A strategies to encourage families to have more interactions with their child which support their child's language, social, emotion and cognitive development.

Each term guest speakers visit the playgroups and families are supported to access other local services; including Maternal Child Health and Kindergarten Programs.

Community Partner: Australian Vietnamese Women's Association

Service delivery area: St Albans Heights Primary School, Westvale Community Centre, Deer Park North Primary School and Duke Street Community House Sunshine.

Eligibility: Parents/carers and their children aged 0-5 years from a Vietnamese background living in the Brimbank CfC FP area

Contact: Tina Vo, 0405 594 669,
tina.vo@avwa.org.au

Building Blocks

The Abecedarian Approach (3A) supported playgroup for young parents and their children runs weekly during school terms. Young pregnant women are also welcomed to join. Each term guest speakers visit the playgroup and families participate in excursions. The playgroup provides individual support to young parents who present with complex needs.

Community Partner: Good Shepherd Australia New Zealand

Service delivery area: Westvale Community Centre, 45 Kings Road, Kings Park VIC

Eligibility: Brimbank young parents and their children aged 0-5 and pregnant young women

Contact: Debbie Flederis, 8312 8800
Debbie.Flederis@goodshep.org.au



POPCORN! Musical Fun and Learning for Brimbank Kids

The POPCORN! Musical Fun and Learning for Brimbank Kids Program is an evidence-based prevention and early intervention initiative incorporating:

- Weekly Hullabaloo Music sessions supporting babies and children to become more confident communicators and learners through play promoting early learning development.
- Culturally specific parenting programs will be run by two Indian community members trained up in parenting programs: Circle of Security (teaches emotionally attuned safe nurturing parenting). PEEPS Learning Together Program (teaches parents to identify everyday opportunities to support and scaffold children's thinking and learning through reading and activities).

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Once trained, Drummond Street Services staff will mentor community members to co-deliver the two programs.

Community Partner: Drummond Street Services

Service delivery area: Sunshine Playgroup Centre – 34 Devonshire Road, Sunshine

Eligibility: Parents/carers with children aged 0-5 years from South Asian background living in the Brimbank CfC FP area

Contact: Kristina Beyit, 03 9663 6733
kristina.beyit@ds.org.au



Specialist Group Work Program

The SGWP offers therapeutic groups to children who present with challenging behaviours, those at risk of disengaging from school, and/or children exposed to family violence. There are nine different programs available, three recognised by the Australian Institute of Family Studies as evidence-based, including: Feelings is Thinking - assists children to understand, express and manage their strong emotions; Drumbeat - develops interpersonal skills, promotes positive relationships, and builds resilience, through drumming, emphasising teamwork and cooperation; Seasons for Growth - provides education about the grief process and coping skills to children impacted by family loss or a significant change.

Other programs include: Stop, Look, Listen - builds positive social and conflict resolution skills; Rock & Water - provides physical ways to

positively refocus energy, develop body awareness and self-reflection; parkas plus - entails 4 separate groups for children (and their families in varying degrees) who have been exposed to family violence, providing a safe space to validate their traumatic experiences, and create new pathways of connection between the child and their primary parent/carer.

A total of seven groups are delivered yearly, with post-group feedback offered to parents/carers of children participating in a program. Professional support is provided through training and secondary consultation for participating education and welfare providers.

Community Partner: Royal Children's Hospital Mental Health (RCH MH)

Service delivery area: Groups are delivered in primary schools and local welfare settings in the Brimbank CfC FP area

Eligibility: Children aged 5 - 12 years living or attending primary school within the Brimbank CfC catchment

Contact: Tara Pavlidis, 0478 302 099,
tara.pavlidis@rch.org.au

Lingo Bingo

Qualified Speech Pathologists provide speech pathology assessments and run speech therapy groups for children identified as having a speech or language delay. The speech therapy groups are for children transitioning to school the following year. The programs offered are **Leap into Language, Sounds and Stories** and **Cool-4-School** and focus on language development, early literacy, and school readiness skills. Participating children are supported with their school transition with a range of resources. Resources include an individual progress report and strategies. These strategies assist school staff and parents to further enhance the child's transition to school.

Secondary consultation is provided to school staff for children who have participated in the Lingo Bingo program.

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Community Partner: IPC Health

Service delivery area: IPC Health in Sunshine. Outreach visits will occur on an individual needs basis.

Eligibility: Children starting primary school in 2022-2024 living in the Brimbank CfC FP area

Contact: Sebastian Buccheri, 03 8368 3010, Sebastian.Buccheri@ipchealth.com.au

Strong Community Means Happy Kids

Yarn Strong Sista's Foregrounding Anti-Bias Perspective in the Early Years program works with Early Childhood services to provide children in Brimbank with an increased awareness of diversity and inclusion.

Yarn Strong Sista source and collate Educational Resources that reflect the diversity of the families and communities in the identified Early Childhood/Kinder services and provide a tailored Anti-Bias Educational Resource Kit.

Mentoring will also be provided to staff working in the service to support the use of resource kits to educate children's development and understanding of the diversity of their community.

Community Partner: Yarn Strong Sista

Service delivery area: Various locations in the Brimbank CfC FP area

Eligibility: Childcare and Kindergartens in the Brimbank CfC FP area

Contact: Sharon Brooke, 03 9338 3492, sharon@yarnstrongsista.com or Bob Williams, finance@yarnstrongsista.com or Annette Sax, 0423 262 774 annette@yarnstrongsista.com

Brimbank Playsteps

This activity is an evidence-based program for families and children (0-4 years). Playsteps is a parent and child play-based program helping parents to strengthen their relationship and interactions with their child while learning practical parenting skills and building local support networks.

One Playsteps program per term will be

delivered for parents and carers with children aged 0-4. The Playsteps program is facilitated over 8 weeks and sessions are two hours each.

Community Partner: Tweddle Child & Family Health Service.

Service delivery area: Sunshine

Eligibility: Parents/carers and their children aged 0-4 years living in the Brimbank CfC FP area.

Contact: Lauren Doig, Lauren.Doig@tweddle.org.au or Le Ann Williams, (03) 9689 1577, LeAnn.Williams@tweddle.org.au



Brimbank Early Links

The Melbourne City Mission Early Links Brimbank Program is an evidence-based prevention and early intervention initiative:

- 2 x 2 hr Parent-Child Mother Goose Program (Evidence Based) weekly during school terms. This includes program delivery, followed by morning tea and play time for children.

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- One group based Parenting Program (Evidence Based) will be delivered each term. This will be one of the following programs:
- Circle of Security Parenting Program – Tuning into Kids – Tuning into Teens – Bringing up Great Kids – Drumbeat-Parents Building Solutions

Individual parenting support to build on the skills and information gained from participating in our group-based offerings. This support will be offered to families who are identified as requiring additional help.

Community Partner: Melbourne City Mission

Service delivery area: Sunshine, Deer Park

Eligibility: Parents/ carers and their children aged 0-12 years living in the Brimbank CfC FP area.

Contact: Kirsty 0408 547 978 or Tessa 040 0111 787 earlylinks@mcm.org.au

Let Them Do Well (LTDW)

Let Them Do Well (LTDW) is a primary prevention project working with newly arrived Tamil migrants to promote child well-being, healthy relationships, empowering adults to strengthen family relationships and community cohesiveness. It aims to create understanding of the impacts of the COVID-19 pandemic on child development and framing community discussions around cultural values of family, gender equality and parental responsibilities for child development.

The project will deliver programs such as Parenting Education, Women's Social Group and Educational Plans supporting families to develop, learn and grow, and improve health literacy skills. Assisting families to be healthy, active and safe at home and feel well connected in their community.

Community Partner: Settlement Services International

Service delivery area: Sunshine

Eligibility: Parents/ Caregivers of children 0-12 years old and women from the Tamil community

Contact: Françoise Le Gall, 0423 072 050, flegal@ssi.org.au

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